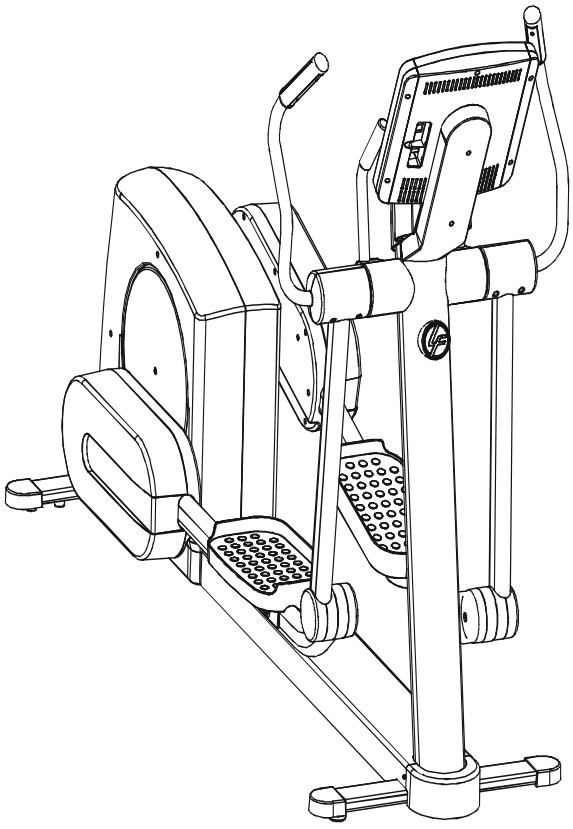
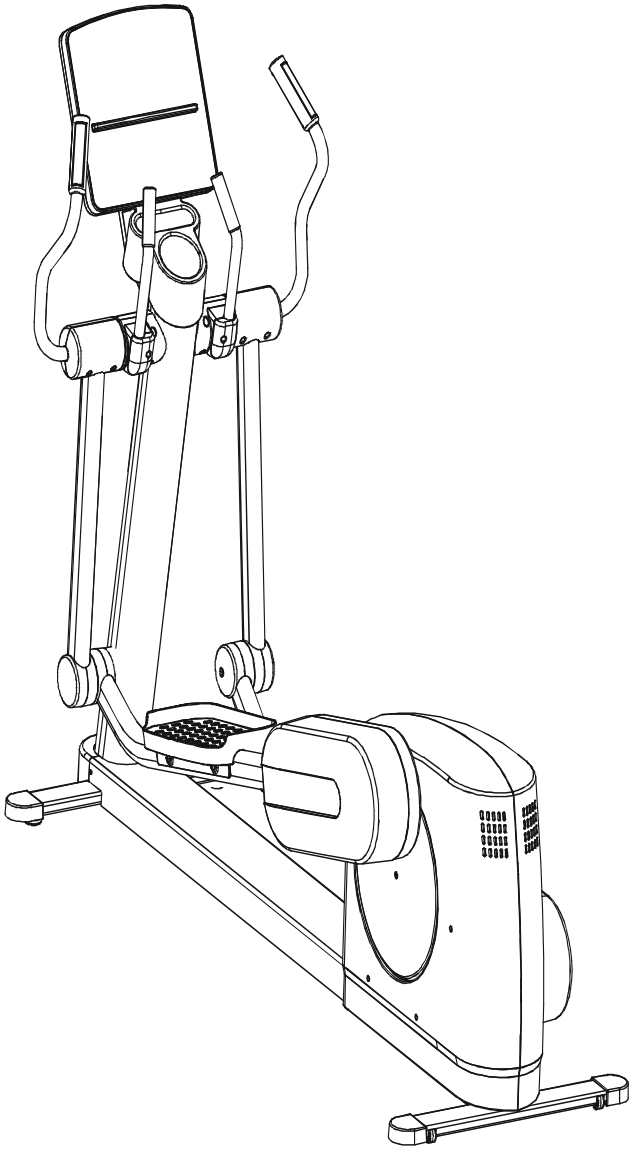
LifeFitness

ARCTIC SILVER QUIET DRIVE
CROSS-TRAINER 95X-0XXX-05
(Hungary-built for Domestic Sales)





Customer Support Services
PARTS MANUAL rev 31 Jul 2008

OPERATION MANUAL	M051-00K62-A107
SERVICE MANUAL	M051-00K62-A149
TOUCH UP PAINT: SPRAY CAN .5 OZ BOTTLE W/APPLICATOR .33 OZ PEN	 0017-00008-0204 0017-00008-0205 0017-00008-0206
HARDWARE BAG	AK62-00152-0001
ACCESS PANEL ASSEMBLY CONSISTS OF: 120” COAX CABLE 120” POWER EXTENSION CABLE BRACKET F-TYPE PANEL CONNECTOR #8 PLASTIC GROMMET	AK62-00210-0000 AK32-00020-0002 AK32-00078-0001 0K62-01179-0001 0017-00021-2846 0017-00042-0754
PLUG IN OPTION 120/60	GK62-00002-0018
PLUG IN OPTION 240/50 UK	GK62-00002-0019
PLUG IN OPTION 240v AUS	GK62-00002-0020
PLUG IN OPTION 230/50 CONT	GK62-00002-0021

Note: This model has both Life Pulse sensors and Telemetry for reading Heart Rate.

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HANDLEBARS AND BULLHORNS 5

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UPPER FRAME HARDWARE 7

ROCKER ARMS AND PEDAL LEVERS 8

CRANK COVER AND LOWER CAPS 9

LOWER FRAME SHROUDS AND HARDWARE 10

PEDAL LEVER COMPONENTS 11

PCB, BATTERY, REED SWITCH & BRACKET 12

BEARING-INSERT ASSEMBLY 13

CRANK ARM PULLEY ASSEMBLY 14

DRIVE MODULE 15

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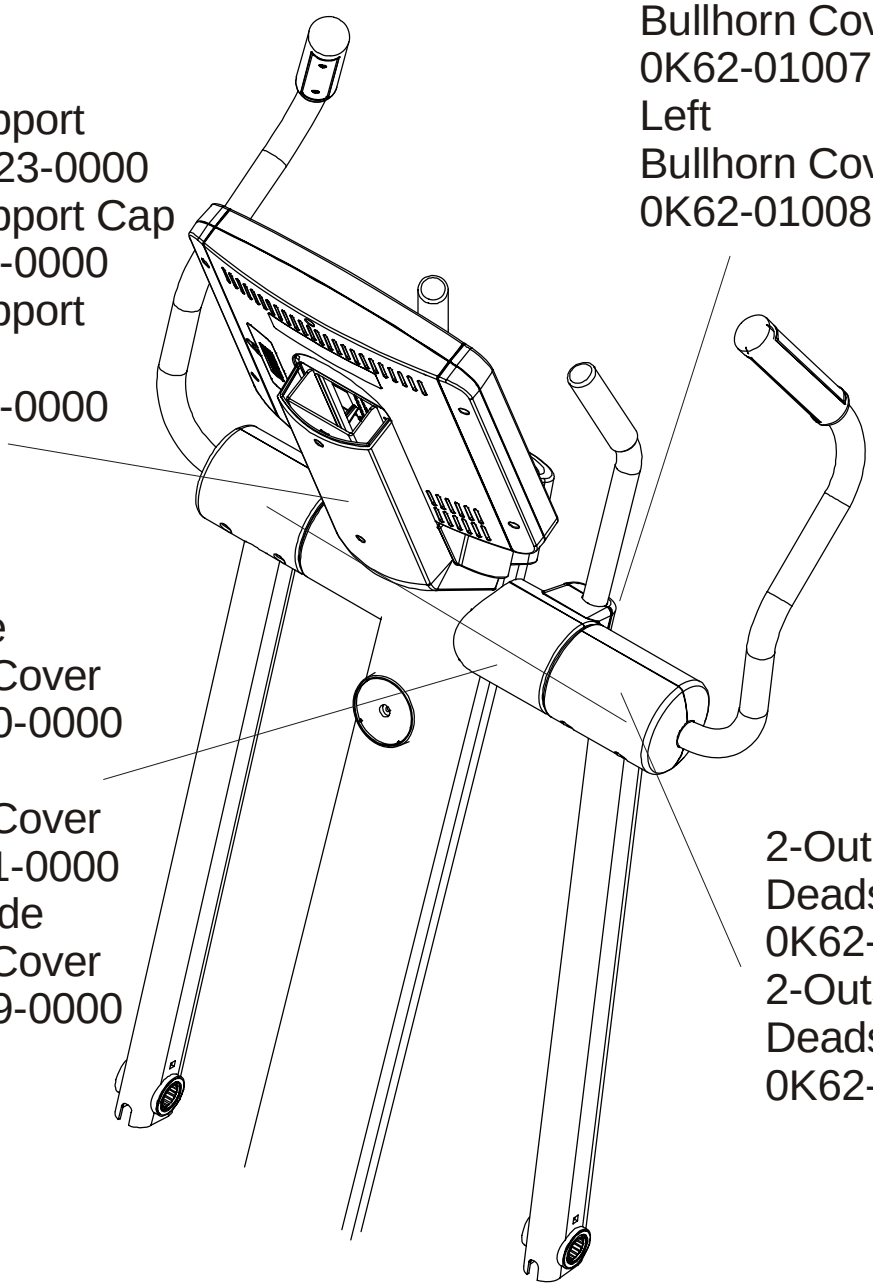
CABLES 17

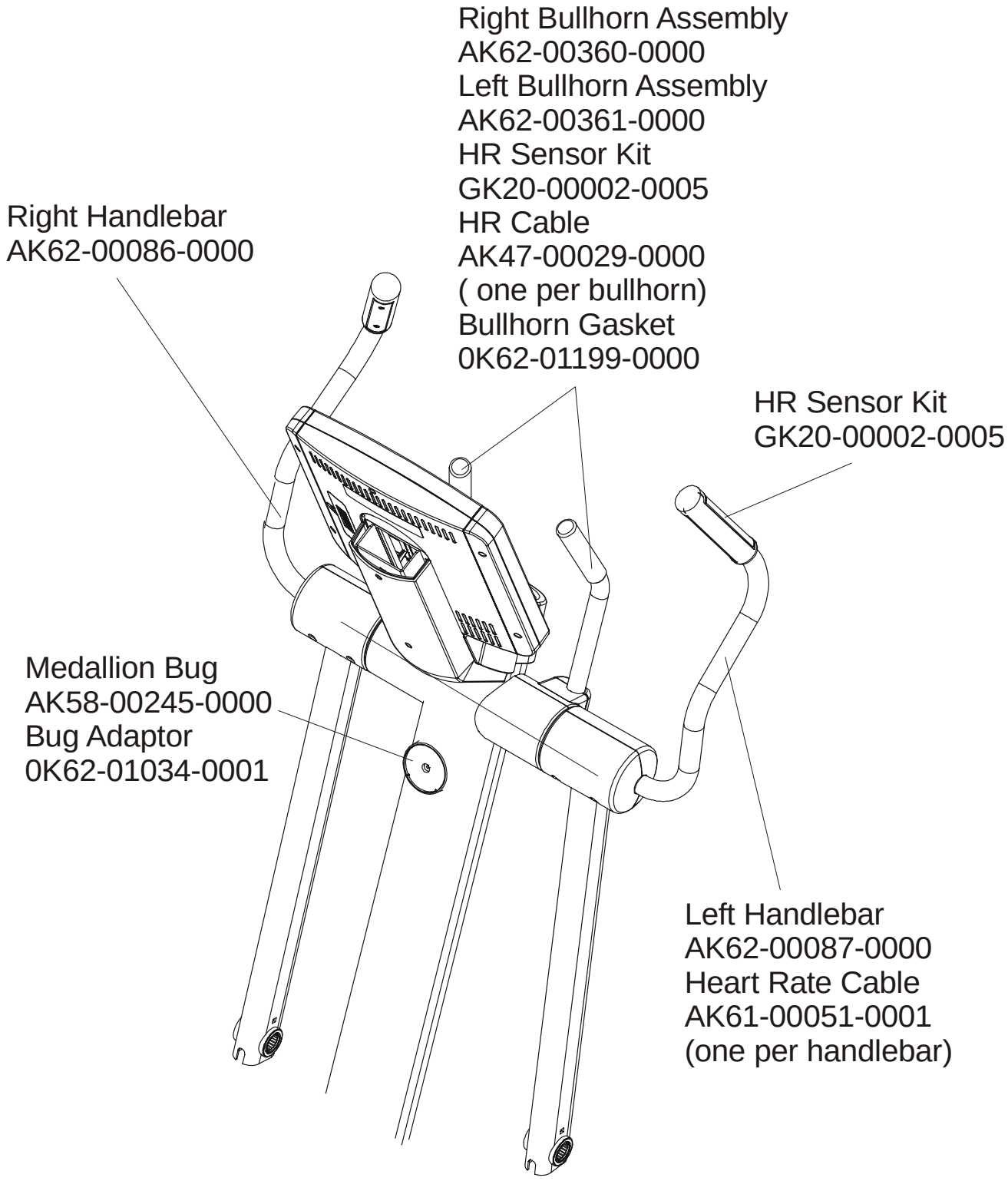


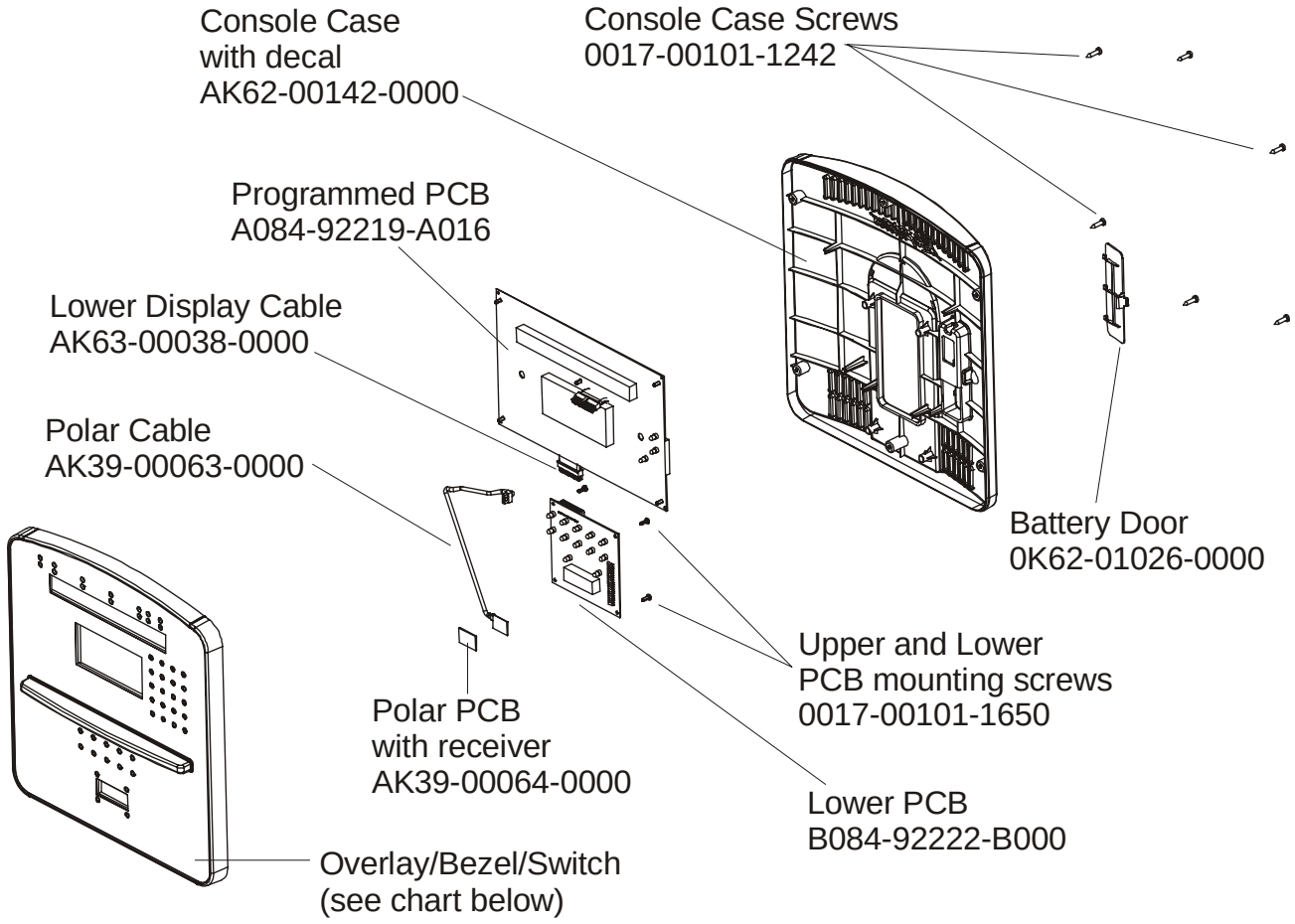
Right
Bullhorn Cover
0K62-01007-0001
Left
Bullhorn Cover
0K62-01008-0001

Console Support
MAK62-00123-0000
Console Support Cap
0K62-01030-0000
Console Support
Shroud
0K62-01023-0000

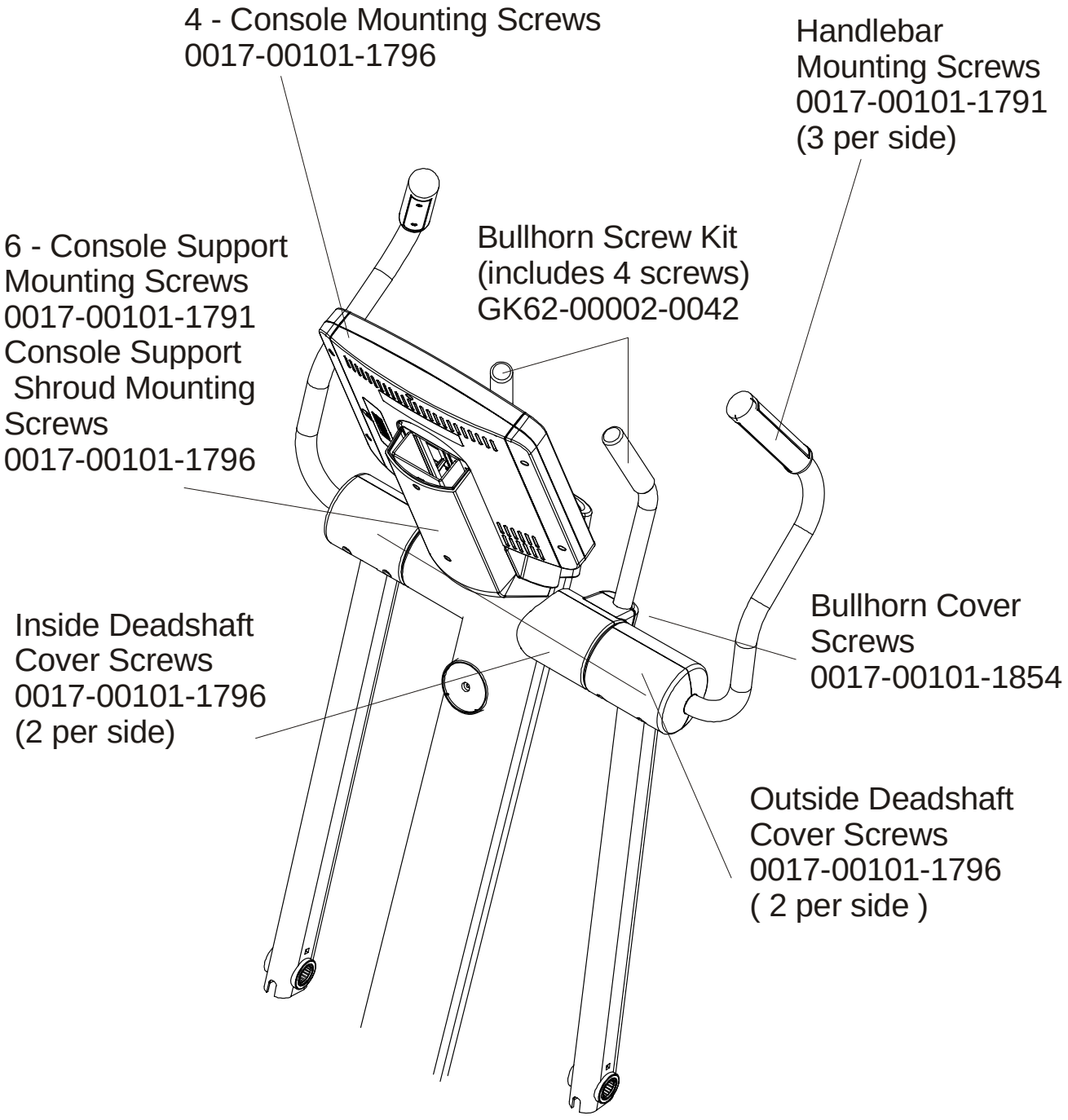
Right Inside
Deadshaft Cover
0K62-01010-0000
Left Inside
Deadshaft Cover
0K62-01011-0000
2-Front Inside
Deadshaft Cover
0K62-01009-0000

2-Outside Front
Deadshaft Cover
0K62-01013-0000
2-Outside Rear
Deadshaft Cover
0K62-01012-0000

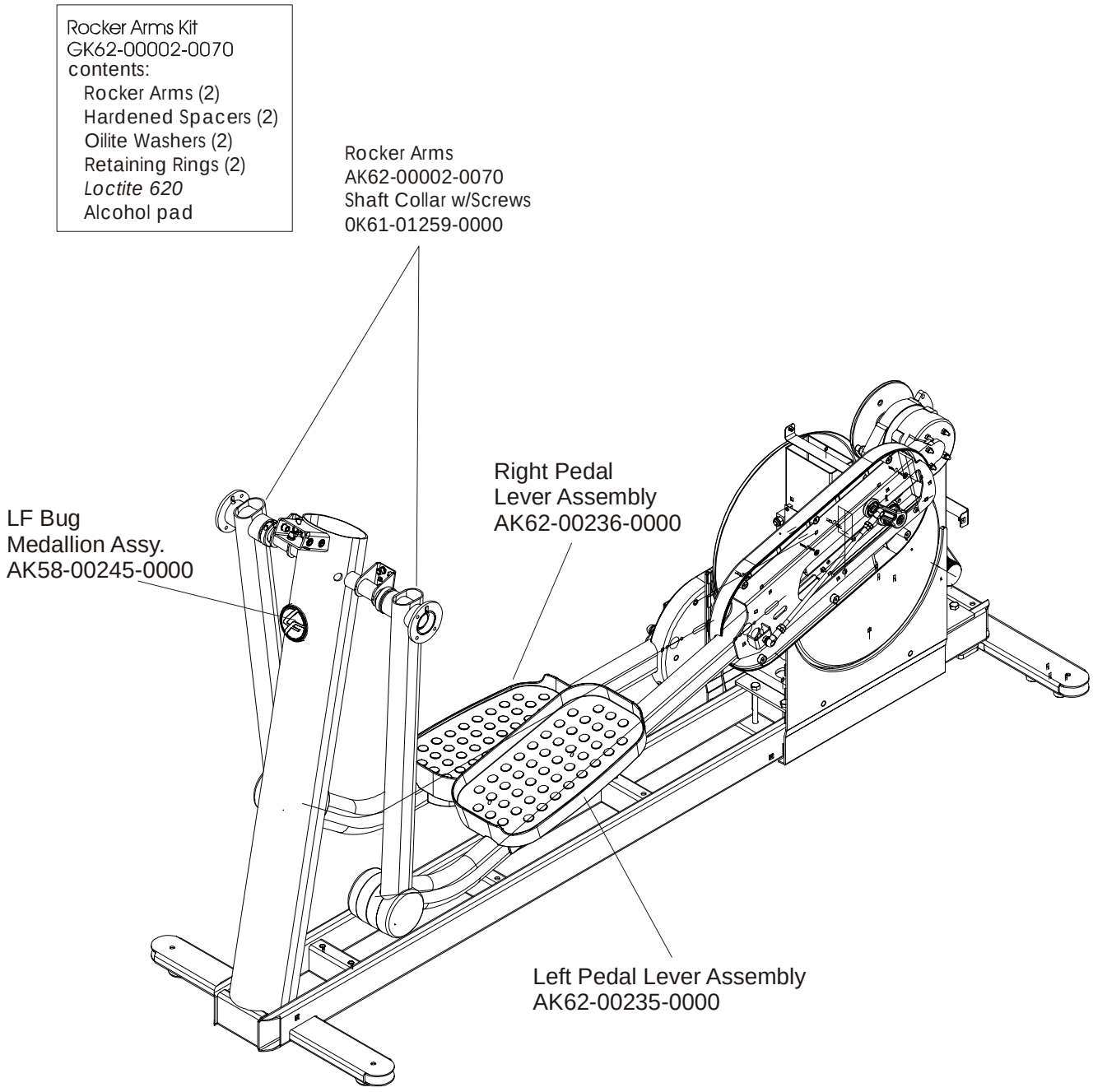

Right Bullhorn Assembly
AK62-00360-0000
Left Bullhorn Assembly
AK62-00361-0000
HR Sensor Kit
GK20-00002-0005
HR Cable
AK47-00029-0000
(one per bullhorn)
Bullhorn Gasket
0K62-01199-0000
Right Handlebar
AK62-00086-0000
HR Sensor Kit
GK20-00002-0005
Medallion Bug
AK58-00245-0000
Bug Adaptor
0K62-01034-0001
Left Handlebar
AK62-00087-0000
Heart Rate Cable
AK61-00051-0001
(one per handlebar)

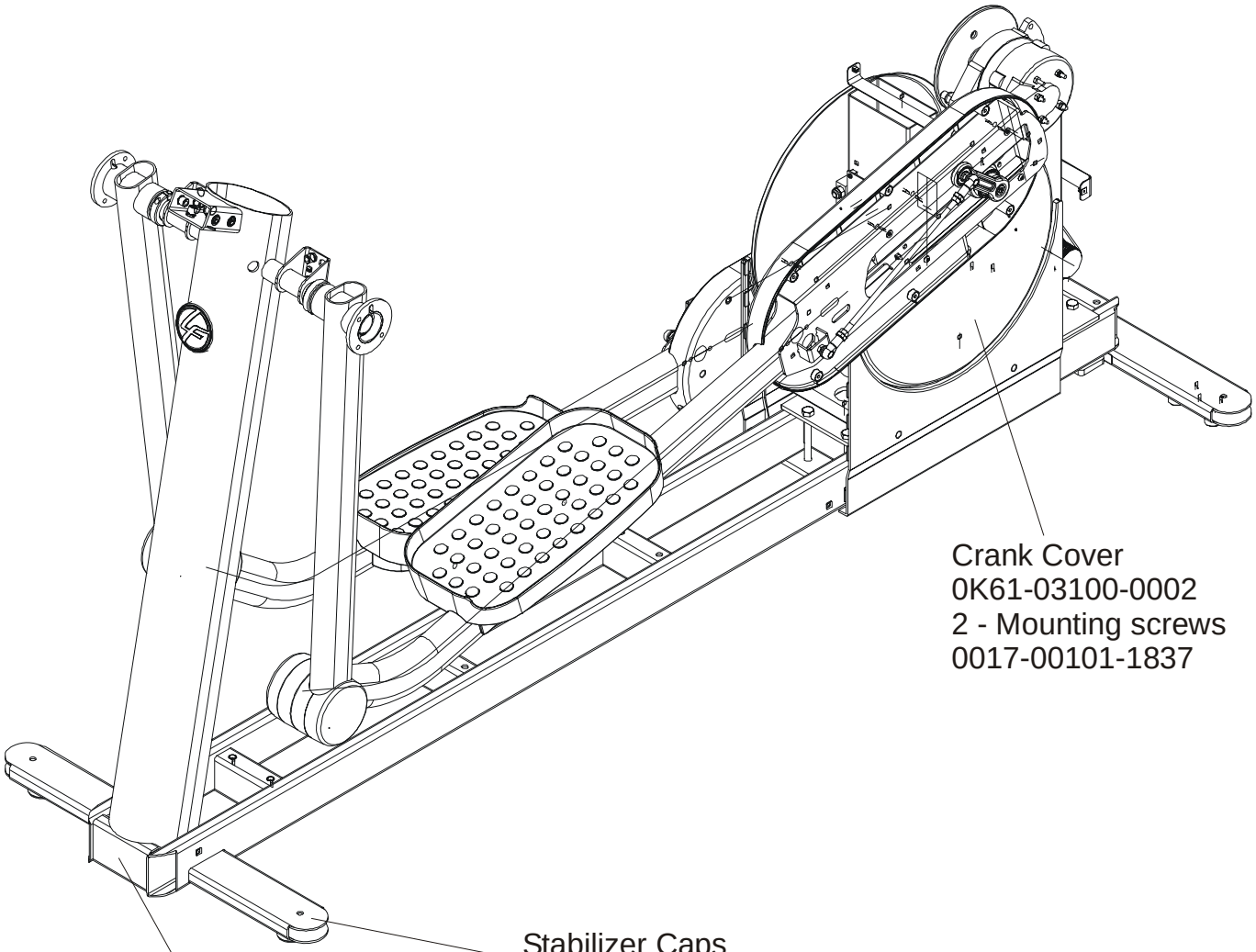


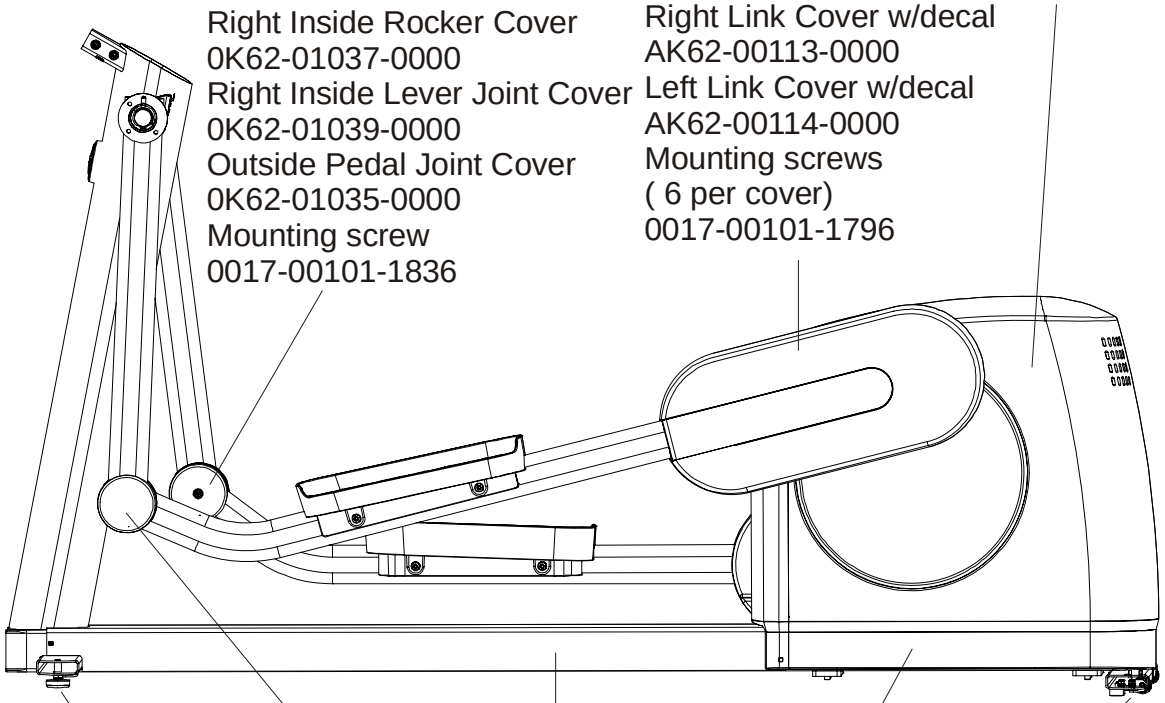
CONSOLE	OVERLAY/BEZEL/SWITCH	LANGUAGE
AK62-00329-0001	AK62-00191-0001	Eng + Met
AK62-00329-0003	AK62-00191-0003	Ger/Met
AK62-00329-0004	AK62-00191-0004	Spn/Met
AK62-00329-0006	AK62-00191-0006	Jap/Met
AK62-00329-0007	AK62-00191-0007	Frn/Met
AK62-00329-0008	AK62-00191-0008	Ital/Met
AK62-00329-0009	AK62-00191-0009	Dut/Met
AK62-00329-0010	AK62-00191-0010	Port/Met
AK62-00329-0014	AK62-00191-0014	Turk/Met



Items Not Shown:	
Accessory Tray	0K62-01022-0000
Mounting Screws (2)	0017-00101-1846


Rocker Arms Kit
GK62-00002-0070
contents:
Rocker Arms (2)
Hardened Spacers (2)
Oilite Washers (2)
Retaining Rings (2)
Loctite 620
Alcohol pad
Rocker Arms
AK62-00002-0070
Shaft Collar w/Screws
0K61-01259-0000
LF Bug
Medallion Assy.
AK58-00245-0000
Right Pedal
Lever Assembly
AK62-00236-0000
Left Pedal Lever Assembly
AK62-00235-0000


Crank Cover
0K61-03100-0002
2 - Mounting screws
0017-00101-1837
Stabilizer Caps
4 - 0K62-01003-0000
Front frame Cap
0K62-01004-0000
Mounting Screws
(Located on front sides of Ladder Frame Cover)
2- 0017-00101-1795



Rear Shroud
Assembly
AK62-00223-0000
Mounting screws
(2 per side)
0017-00101-1796

Rocker Cover Kit
(includes clip & screw)
GK62-00002-0066
Mounting screw
0017-00101-1796
Right Inside Rocker Cover
0K62-01037-0000
Right Inside Lever Joint Cover
0K62-01039-0000
Outside Pedal Joint Cover
0K62-01035-0000
Mounting screw
0017-00101-1836

Right Link Cover w/decal
AK62-00113-0000
Left Link Cover w/decal
AK62-00114-0000
Mounting screws
(6 per cover)
0017-00101-1796

Leg Levelers
AK62-00124-0000

Ladder Frame Cover w/decal
AK62-00106-0001
4 - Mounting screws
0017-00101-1795

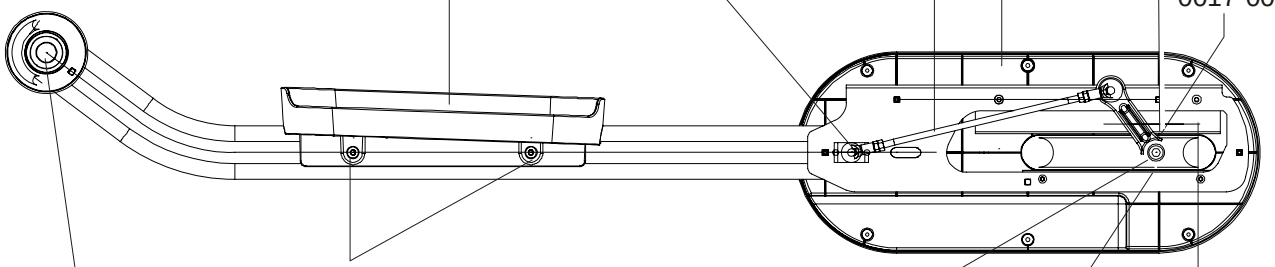
Wheel/Bracket Assy.
AK62-00102-0000
Mounting Screws
(3 per assy.)
M0017-00101-1789

Rocker Cover Kit
(includes clip & screw)
GK62-00002-0066
Mounting screw
0017-00101-1796
Left Inside Rocker Cover
0K62-01038-0000
Left Inside Lever Joint Cover
0K62-01040-0000
Outside Pedal Joint Cover
0K62-01035-0000
Mounting Screw
0017-00101-1836

Shroud Panel
0K62-01002-0003
Mounting screws
(2 per side)
0017-00101-1795

Pedal Lever Assembly Components

S/N XHK073903956



Control Link Kit
GK62-00002-0071
(contains 2 control links,
part nos. AK62-00384-0000)

Control Links (2)
AK62-00384-0000

Right Inside
Pedal Cover
0K62-01015-0000
Left Inside
Pedal Cover
0K62-01016-0000
5 - Mounting screws
0017-00101-1796

Washer
0017-00104-0479
Nut
0017-00103-0333

Left Pedal
0K62-01005-0000
Right Pedal
0K62-01006-0000

Hex Nut
0017-00103-0333

Crank Extension
Mounting Bolt
0017-00101-1907

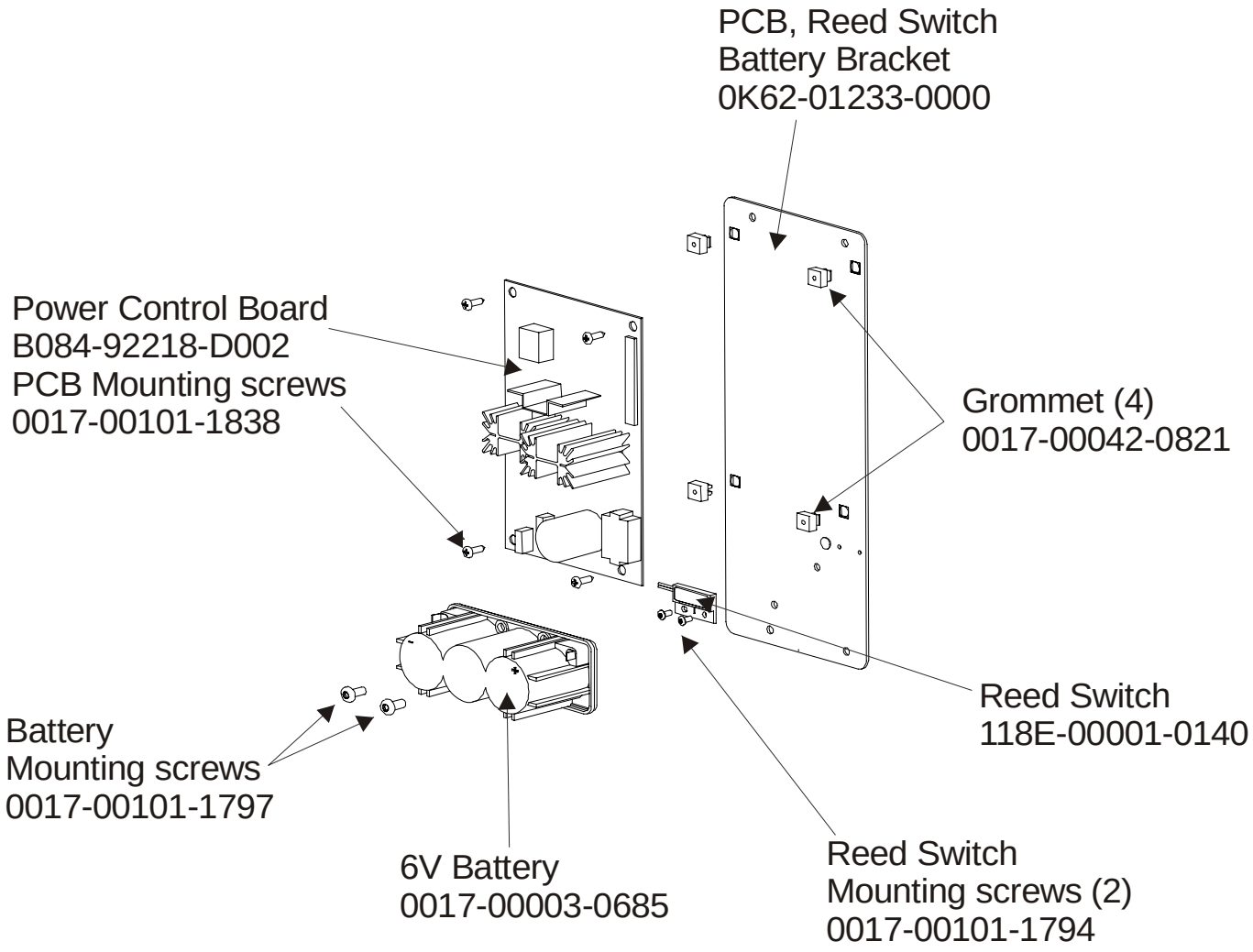
Pedal Mounting Hardware
4 - Screw - 0017-00101-1805
4 - Washer-0017-00104-0469

Roller w/bearing
AK62-00196-0001
Shaft Collar
M0K62-01065-0000
Washer
0017-00104-0474
Brass Washer
0K47-01104-0000
Anti-Lift Roller
M0K62-01191-0000

Roller Extrusion
AK62-00197-0000
4 - Screws
M0017-00101-1789

Anti-Lift Track
0K62-01208-0000
2 - Screws
0017-00101-1836

Pedal/Rocker Shaft & Bearings
Order Kit GK62-00002-0001
E-Ring
0017-00100-0107
Thrust Washer
0K47-01105-0000
Brass Washer
0K47-01104-0000

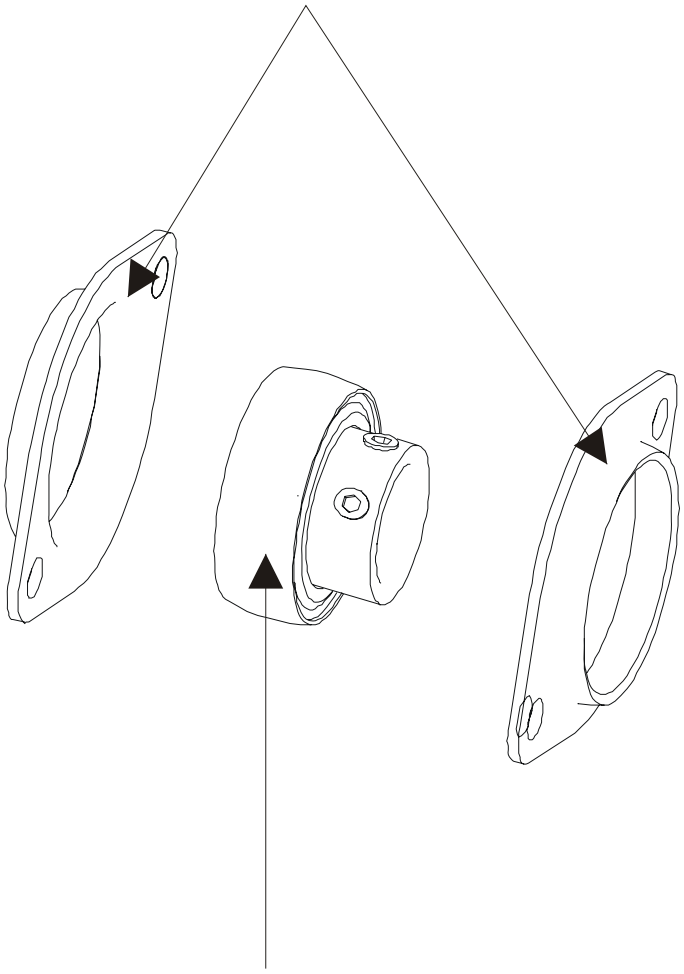

PCB, Reed Switch
Battery Bracket
0K62-01233-0000
Power Control Board
B084-92218-D002
PCB Mounting screws
0017-00101-1838
Grommet (4)
0017-00042-0821
Reed Switch
118E-00001-0140
Battery
Mounting screws
0017-00101-1797
6V Battery
0017-00003-0685
Reed Switch
Mounting screws (2)
0017-00101-1794

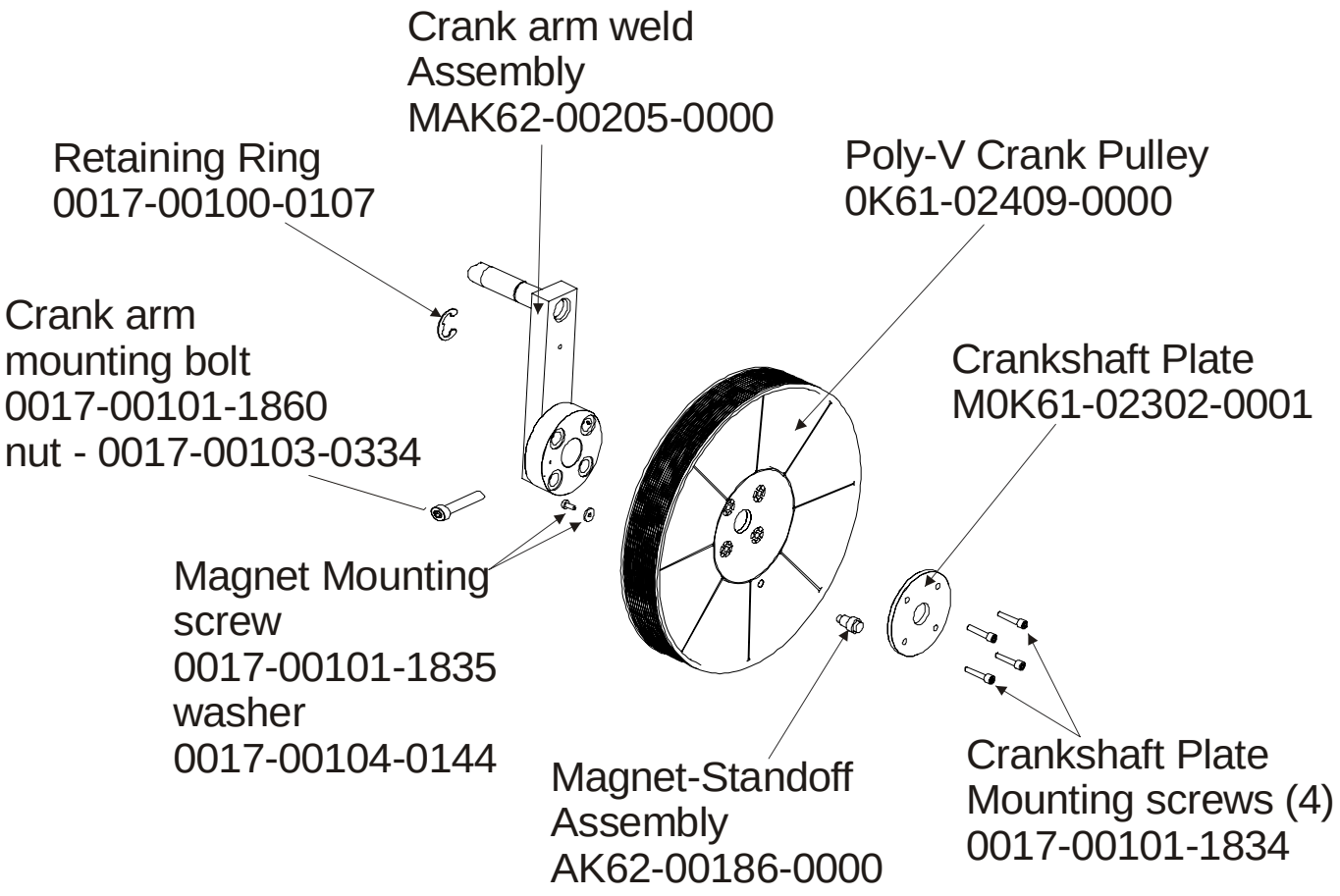
Service Kit-
GK62-00002-0044
Includes:

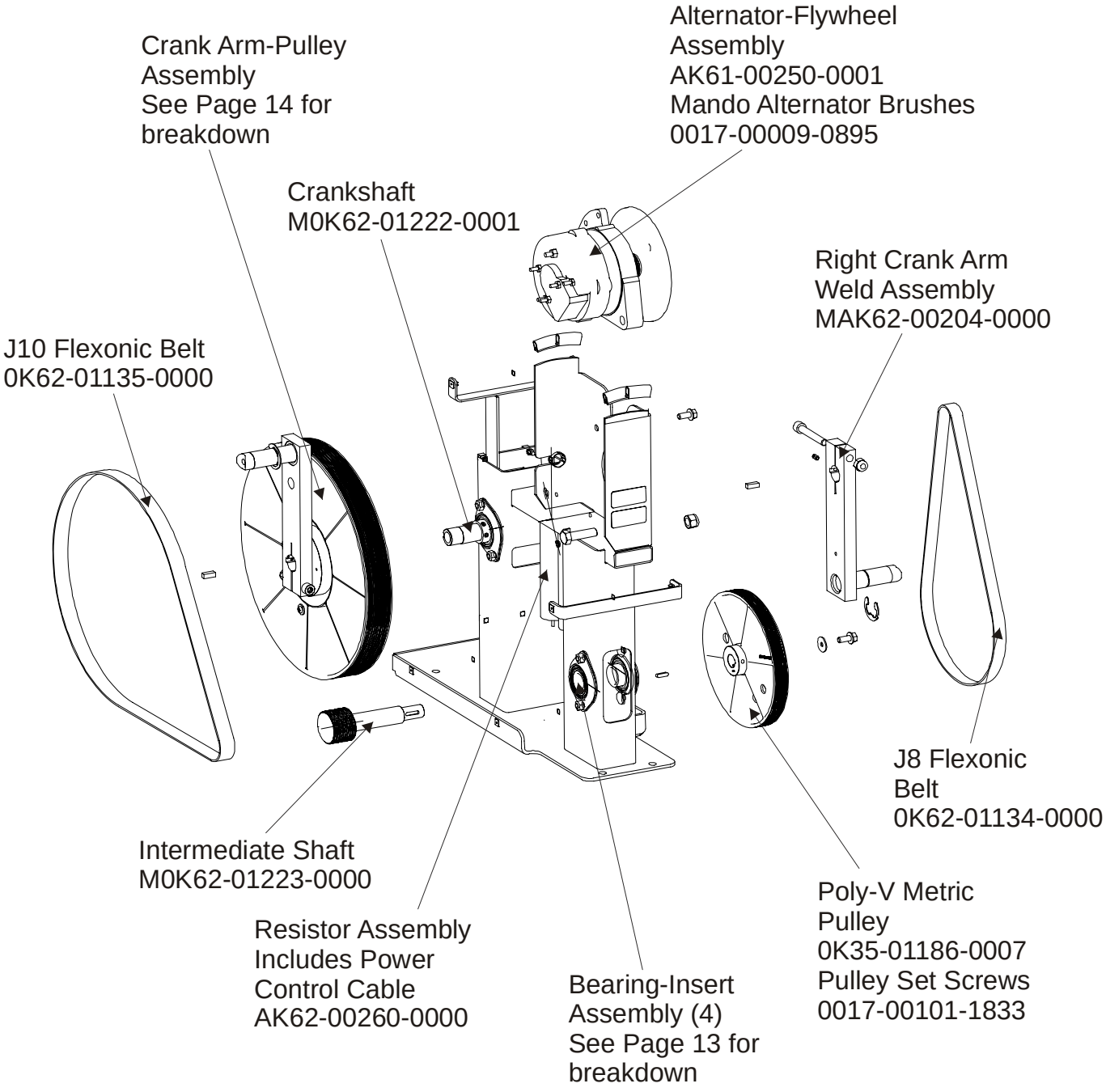
1- crankshaft
2- bearings
2- sets of bearing flanges
4- nuts and washers

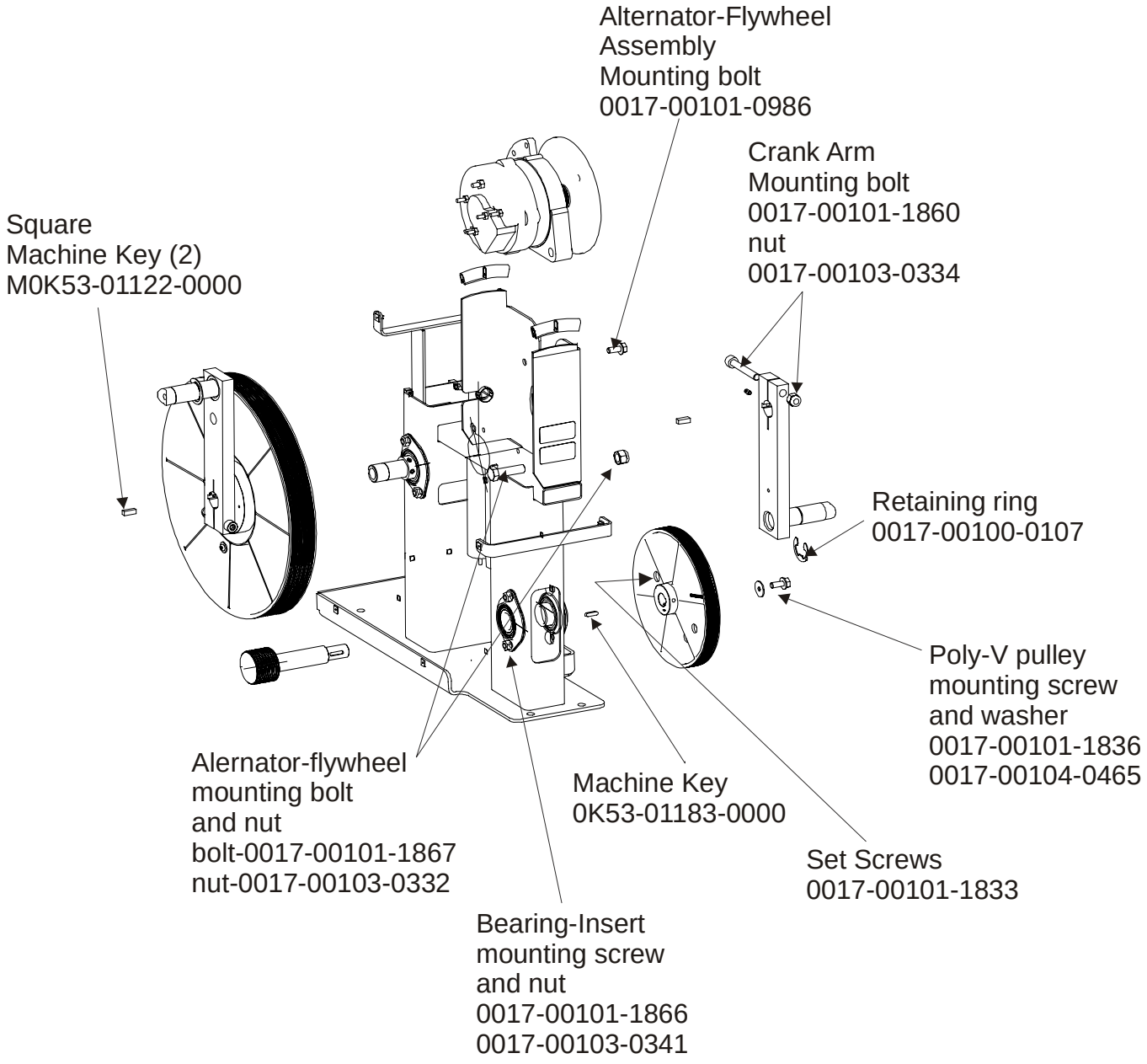
Service Kit- GK62-00002-0045
Includes:

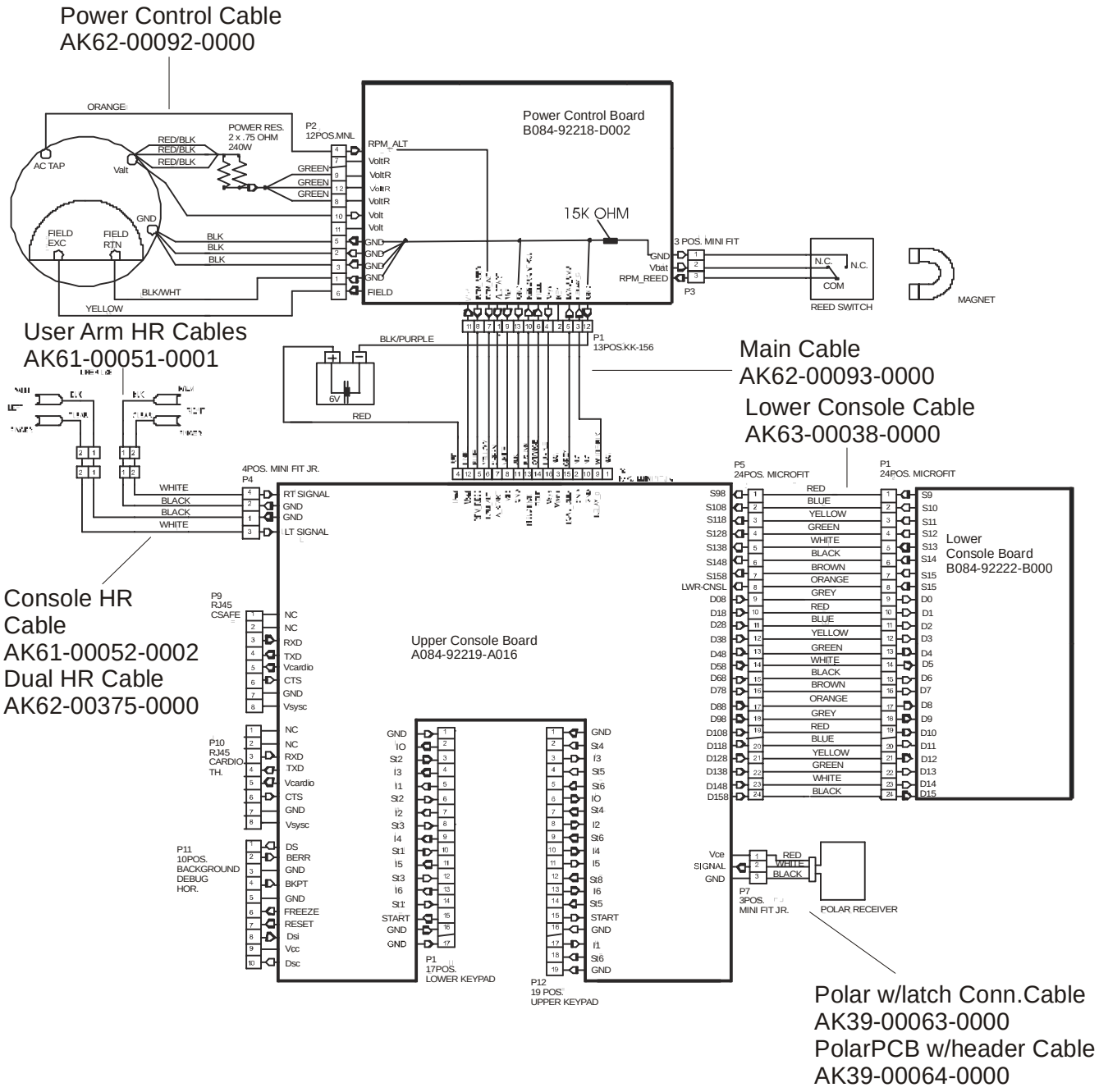
1 - intermediate shaft
2 - bearings
2- sets of bearing flanges
4- nuts and washers




Crank arm weld
Assembly
MAK62-00205-0000
Retaining Ring
0017-00100-0107
Poly-V Crank Pulley
0K61-02409-0000
Crank arm
mounting bolt
0017-00101-1860
nut - 0017-00103-0334
Crankshaft Plate
M0K61-02302-0001
Magnet Mounting
screw
0017-00101-1835
washer
0017-00104-0144
Magnet-Standoff
Assembly
AK62-00186-0000
Crankshaft Plate
Mounting screws (4)
0017-00101-1834


Crank Arm-Pulley Assembly
See Page 14 for breakdown
Alternator-Flywheel Assembly
AK61-00250-0001
Mando Alternator Brushes
0017-00009-0895
Crankshaft
M0K62-01222-0001
Right Crank Arm Weld Assembly
MAK62-00204-0000
J10 Flexonic Belt
0K62-01135-0000
J8 Flexonic Belt
0K62-01134-0000
Intermediate Shaft
M0K62-01223-0000
Resistor Assembly
Includes Power Control Cable
AK62-00260-0000
Bearing-Insert Assembly (4)
See Page 13 for breakdown
Poly-V Metric Pulley
0K35-01186-0007
Pulley Set Screws
0017-00101-1833


Alternator-Flywheel
Assembly
Mounting bolt
0017-00101-0986
Crank Arm
Mounting bolt
0017-00101-1860
nut
0017-00103-0334
Square
Machine Key (2)
M0K53-01122-0000
Retaining ring
0017-00100-0107
Poly-V pulley
mounting screw
and washer
0017-00101-1836
0017-00104-0465
Alernator-flywheel
mounting bolt
and nut
bolt-0017-00101-1867
nut-0017-00103-0332
Machine Key
0K53-01183-0000
Set Screws
0017-00101-1833
Bearing-Insert
mounting screw
and nut
0017-00101-1866
0017-00103-0341


Power Control Cable
AK62-00092-0000
Power Control Board
B084-92218-D002
ORANGE
POWER RES.
2 x .75 OHM
240W
P2
12POS.MNL
RED/BLK
RED/BLK
RED/BLK
AC TAP
Valt
GREEN
GREEN
GREEN
GND
FIELD
EXC
FIELD
RTN
BLK
BLK
BLK
BLK/WHT
YELLOW
RPM_ALT
VoltR
VoltR
VoltR
VoltR
Volt
Volt
GND
GND
GND
GND
FIELD
15K OHM
3 POS. MINI FIT
GND
Vbat
RPM_REED
P3
N.C.
N.C.
COM
REED SWITCH
MAGNET
User Arm HR Cables
AK61-00051-0001
BLK/PURPLE
P1
13POS.KK-156
6V
RED
Main Cable
AK62-00093-0000
Lower Console Cable
AK63-00038-0000
4POS. MINI FIT JR.
P4
WHITE
BLACK
BLACK
WHITE
RT SIGNAL
GND
GND
LT SIGNAL
P5
24POS. MICROFIT
P1
24POS. MICROFIT
S98
S108
S118
S128
S138
S148
S158
LWR-CNSL
D08
D18
D28
D38
D48
D58
D68
D78
D88
D98
D108
D118
D128
D138
D148
D158
RED
BLUE
YELLOW
GREEN
WHITE
BLACK
BROWN
ORANGE
GREY
RED
BLUE
YELLOW
GREEN
WHITE
BLACK
BROWN
ORANGE
GREY
RED
BLUE
YELLOW
GREEN
WHITE
BLACK
S9
S10
S11
S12
S13
S14
S15
D0
D1
D2
D3
D4
D5
D6
D7
D8
D9
D10
D11
D12
D13
D14
D15
Lower
Console Board
B084-92222-B000
Console HR
Cable
AK61-00052-0002
Dual HR Cable
AK62-00375-0000
P9
RJ45
CSAFE
NC
NC
RXD
TXD
Vcardio
CTS
GND
Vsysc
Upper Console Board
A084-92219-A016
P10
RJ45
CARDIO
TH.
NC
NC
RXD
TXD
Vcardio
CTS
GND
Vsysc
P11
10POS.
BACKGROUND
DEBUG
HOR.
DS
BERR
GND
BKPT
GND
FREEZE
RESET
Dsi
Vcc
Dsc
GND
IO
St2
I3
I1
St2
I2
St3
I4
St1
I5
St3
I6
St1
START
GND
GND
P1
17POS.
LOWER KEYPAD
GND
St4
I3
St5
St6
IO
St4
I2
St6
I4
I5
St8
I6
St5
START
GND
I1
St6
GND
P12
19 POS.
UPPER KEYPAD
Vce
SIGNAL
GND
RED
WHITE
BLACK
P7
3POS.
MINI FIT JR.
POLAR RECEIVER
Polar w/latch Conn.Cable
AK39-00063-0000
PolarPCB w/header Cable
AK39-00064-0000